



## MEN'S 7'S DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Conditioning, Unsettled Situations

**Drill Style:** Unsettled Situations

**Field Location:** Full Field

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 15 Min

**Skill Level:** Intermediate

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### OBJECTIVE:

To work on conditioning and creating unsettled situations on offense. Defense must work on playing man down.

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### DRILL DESCRIPTION:

Start by setting up 7 lines at the top of the midfield line, 3 defensive lines and 4 lines of attackers. When the coach blows the whistle the 7 lines will sprint in towards the goal. Once they sprint into position the goalie will throw out a ball and the offense will run a 4 v 3 against the defense. Once there is a shot or turnover the 7 players must sprint back to the lines they were previously in. Offense must focus on quick passes and shots. Defense must focus on communication and keeping their sticks in the passing lane.

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### SKILLS PRACTICED:

- Stick Work
  - Defense
  - Dodging
  - Shooting
  - Conditioning
  - Communication
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### VARIATIONS:

You can alter the drill by forcing the 7 lines to fight for a ground ball at the beginning of the drill as opposed to the goalie throwing out a pass. If the defense wins the ball it will now be a 3 v 4 towards the goal.

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**DRILL DIAGRAM:**

**x<sub>4</sub> D<sub>1</sub> x<sub>1</sub> D<sub>2</sub> x<sub>2</sub> D<sub>3</sub> x<sub>3</sub>**

